

# **COMMIT to be FIT – Make a Simple Lifestyle Change TODAY!**

## **2006 FITNESS CLASS SCHEDULE**

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THR</b>	<b>FRI</b>
9:00 am	Spinning ----- Ball Workout		Spinning ----- Ball Workout		Spinning
9:15 am				Senior Yoga	
9:30 am		Senior Yoga			
10:00 am			Yoga		
5:30 pm				Cardio & Toning	
6:00 pm	Cardio & Training		Step Aerobics		
6:30 pm				Step Aerobics ----- Spinning	
7:00 pm	Step Aerobics	Muscle Toning & Ball Workout			
7:30 pm			Yoga		

**Session 2    February 13 – March 24**  
**Session 3    March 27 – May 5**  
**Session 4    May 8 – June 16**  
**Session 5    June 19 – July 28**  
**Session 6    July 31 – September 8**

### **Ball Workout**

**A    MON only    \$15 RES, \$17.50 NON-RES (No Class 2/20)**  
**B    WED only    \$18 RES, \$21 NON-RES**

### **Cardio & Training**

**A    MON only    \$18 RES, \$21 NON-RES**  
**B    THR only    \$18 RES, \$21 NON-RES**

### **Step Aerobics**

**A    MON only    \$18 RES, \$21 NON-RES**  
**B    WED only    \$18 RES, \$21 NON-RES**  
**B    THR only    \$18 RES, \$21 NON-RES**

### **Yoga**

**A    WED A.M.    \$15 RES, \$17.50 NON-RES (No Class 2/22)**  
**B    WED P.M.    \$15 RES, \$17.50 NON-RES (No Class 2/22)**

### **Senior Yoga (Chairs available)**

**A    TUE only    \$18 RES, \$21 NON-RES**  
**B    THR only    \$18 RES, \$21 NON-RES**

### **Muscle Toning & Ball Workout**

**A    TUE only    \$18 RES, \$21 NON-RES**

### **Spinning**

**A    MON    \$3 RES, \$4 NON-RES**  
**B    WED    \$3 RES, \$4 NON-RES**  
**C    THR    \$3 RES, \$4 NON-RES**  
**D    FRI    \$3 RES, \$4 NON-RES**

**COMMIT to be FIT**  
**Greenwood Parks & Recreation Department    881-4545**